

Table 1	
Summary of the study	
Study design	Retrospective cohort study
Study period	1990-1999
Study location	United Kingdom
Study population	10,000 men aged 40-60 years
Study variables	Age, sex, BMI, waist circumference, blood pressure, serum lipids, glucose, insulin, and C-peptide
Study results	Increased risk of type 2 diabetes with increasing BMI and waist circumference, independent of other factors
Study conclusions	Obesity is a major risk factor for type 2 diabetes, and waist circumference is a better predictor than BMI

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